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American school methods, the physical aspects of the Islands, points to travellers, the descriptions of the use and need of the national animal, the *carabao*. A glossary is given at the end of the book, also a note of reference to "descriptive works on the Philippines most likely to interest the general reader," and an index.

NATURE AND HEALTH: A Popular Treatise on the Hygiene of the Person and the Home. By Edward Curtis, A.M., M.D. New York: Henry Holt & Co. 1906.

A popular treatise on "Nature and Health" for lay use has become a virtual necessity to the home maker and this contribution to that need is made by one of wide experience. The work is carefully and wisely done and if the language, particularly in the chapter on "Eating," is technical and difficult for the average reader, it perhaps could not be avoided. The model Health Book needs however to be less of the form of discussion or essay and more specific and definite in its nature. A careful review of the compact arrangement of the best Cook Books and even the old-fashioned Home Physicians should result helpfully to one having in mind the structure of the practical book of "Nature and Health" for family use.

PROBLEMS OF BABYHOOD: Building a Constitution; Forming a Character. By Rachel Kent Fitz, A.M., and George Wells Fitz, M.D. Illustrations by E. A. Bell. New York: Henry Holt & Co. 1906.

Prettily bound and illustrated, "Problems of Babyhood" calls us from the experimental side of child life to the practical details of his physical well-being and the mental and moral uplift resulting therefrom. It again is written from the standpoint of the parent and personal experience, but this time a physician has the case in hand and his close observation of his own child is made wiser by the general experience and wider outlook of the practitioner. In "Building a Constitution," Fresh Air, Clothing, Sleep, and Exercise are the subjects intelligently treated. In "Forming a Character" a more difficult matter is sympathetically and helpfully discussed under the heads: Foundations, the Mother, the Child. The book ought to prove a helpful addition to the Mother's collection.